

DAILY INFANT MEAL RECORD

INSTRUCTIONS: Write the names of all infants eight (8) months of age to their first birthday. Record all foods served to the infant that are provided by the caregiver. Specify the type of food (e.g., carrots, rice cereal). Do not record items served to the infant that are provided by the parent or guardian.

NAMES	BREAKFAST			AM SNACK		LUNCH				PM SNACK		SUPPER			
	Formula or Breastmilk 6-8 fl oz	Veg/Fruit 1-4 Tbsp	Infant Cereal 2-4 Tbsp	Formula, Breastmilk or Fruit Juice 2-4 fl oz	0-1/2 slice Bread Or 0-2 Crackers	Formula or Breastmilk 6-8 fl oz	Veg/Fruit 1-4 Tbsp	Infant Cereal 2-4 Tbsp	and/or Meat/Alt 1-4 Tbsp	Formula, Breastmilk or Fruit Juice 2-4 fl oz	0-1/2 slice Bread Or 0-2 Crackers	Formula or Breastmilk 6-8 fl oz	Veg/Fruit 1-4 Tbsp	Infant Cereal 2-4 Tbsp	and/or Meat/Alt 1-4 Tbsp